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The City of Whitehorse

PRESS RELEASE

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KICK OFF "HEART MONTH" WITH THE 2008 SUPER SWEAT!

A two-hour mega fitness class will be held at the Flexi hall at the Canada Games Centre on Saturday, February 2, 2008 from 1:00-3:00pm.

February is "Heart Month" and the City of Whitehorse Parks & Recreation and Better Bodies Cross Training Centre, are pooling their resources to offer an afternoon of fun and fitness for a cause that is near to many of our hearts. Eleven fitness instructors are combining their energy and talent for 120 minutes of fitness, fun, and prizes - all in support of the Heart & Stroke Foundation.

Promoting heart health is important in building a healthy community says Mayor Bev Buckway, who has been a participant and strong supporter of the annual Fit for Heart campaign. "This event presents a wonderful opportunity for people to improve their fitness level and to raise money for a worthy cause. I think everyone knows of friends or family who have been affected by heart disease or stroke."

Participants will have the opportunity to try out a series of energizing exercise sessions throughout the two hour fitness event, including yoga, Nia, Feldenkrais, step aerobics, cardio-kickboxing, and cardio-core interval work throughout the two hours. All levels of ability are welcome.

The entry fee is $10 per participant, with 100% of the proceeds going to the Heart and Stroke Foundation. Pledge envelopes can be picked up at the Canada Games Centre and Better Bodies and returned the day of the event.

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